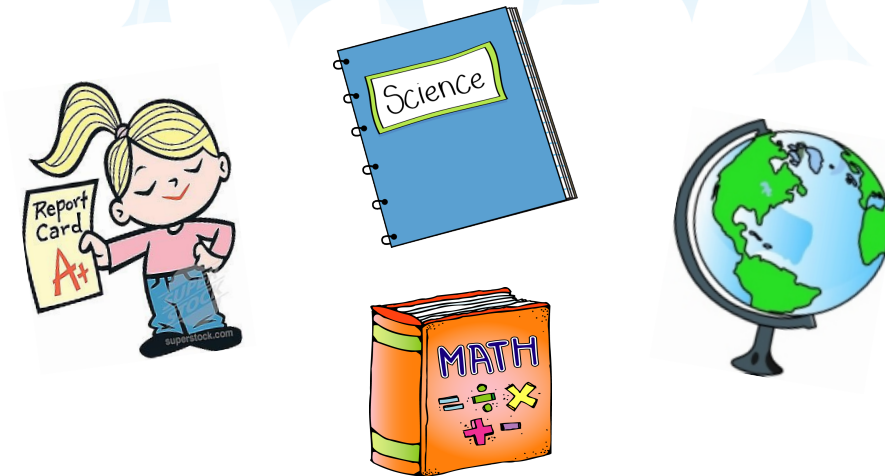


# the Kingsport Senior Center News



## Are You Smarter Than Your Grandkid?

From the show “Are You Smarter Than A 5<sup>th</sup> Grader?” comes “Are You Smarter Than Your Grandkid?” Come and test your knowledge skills against your grandchild, in celebration of Grandparents Day. We will ask a series of questions from a variety of categories such as spelling, vocabulary, sports, history, entertainment, etc. You do not want to miss this. Please limit 2 grandchildren per grandparent. Please sign up in the front office.

Pizza and drinks will be served.

Sign up by September 10.

**Save the Date: Mark Your Calendars**

We will be closed  
September 5, 6, and  
7 for Labor Day.



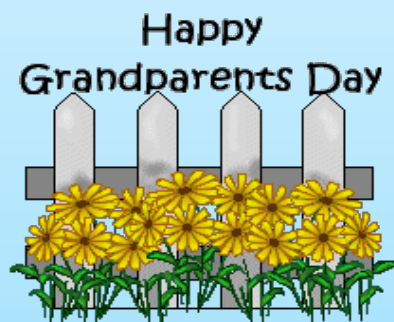
September  
23rd is the  
first day of  
Fall!

Monday,  
September 14,  
2015

Gym

5:00pm-7:00pm

Free



**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
[Shirleybuchanan@kingsporttn.gov](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404
- **Wellness Coordinator-** Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407
- **Program Leader-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Secretary-** Lori Calhoun  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8400 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Program Assistant-** Megan Morrow  
[meganmorrow@kingsporttn.gov](mailto:meganmorrow@kingsporttn.gov)  
343-9713
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060

## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Seminars

**Lifestyle Prescription:** Dr. Andrew Kubinski with ETSU Family Physicians of Kingsport will be at the center on Tuesday, September 8, 2015 at 10:30am in the Card Room. Topic of discussion will be "Lifestyle Prescription": This seminar will discuss the things to do for your lifestyle to avoid chronic disease and taking too many medications. This is an event you will not want to miss, so mark your calendars!

**Avoid Diabetic Emergencies:** Ashley Bates, PharmD with Cave's Drug Store will be at the center on Tuesday, September 29, 2015 at 10:30am in the Card Room. Topic of discussion will be "Avoid Diabetic Emergencies": What would you do if your blood sugar dropped unexpectedly? Would you have the resources you need to raise your blood sugar? If you're living with diabetes, the chances are high that you will experience a diabetic emergency in your lifetime. Be sure to mark your calendar for this event!

**Are You Taking Too Many Meds?:** Dr. Josh Brintle with ETSU Family Physicians of Kingsport will be at the center on Tuesday, November 10, 2015 at 10:30am in the Card Room. Topic of discussion will be "Are You Taking Too Many Meds?"" This seminar will discuss the risks and benefits of medications in the older adult population, and what can the patient do about wanting to take fewer medications. This is an event you will not want to miss!

**Essential Tremors:** Dr. Katie Croteau with ETSU Family Physicians of Kingsport will be at the center on Tuesday, November 17, 2015 at 10:30am in the Card Room. Topic of discussion will be "Essential Tremors": This seminar will discuss the causes, symptoms and treatments of essential tremors. This is an event you will not want to miss!

## BEET DOWN BLOOD PRESSURE

Start rooting out hypertension. The naturally occurring nitrates in beets may help fight high blood pressure, say British researchers. People with hypertension who drank about a cup of beet juice with nitrates daily for a month saw their BP drop noticeably compared with that of people who drank beet juice without them. Plus, their endothelial function—the ability of blood vessels to expand and contract—improved by about 20%. Nitrates convert into nitric oxide when digested, lowering blood pressure within a few hours, the scientist says. No need to swig: Eat one or two beets a day to produce similar benefits.

## Way To Well Contest 2015

It's that time of year again. Stop by the front office to pick up your "Way to Well Contest" sheet. 1<sup>st</sup> place- \$750 2<sup>nd</sup> place- \$500 and 3<sup>rd</sup> place-\$250. May the best Senior Center win!

## Lunch & Learn

Kim Jones, LBSW Rehabilitation Liaison with HEALTHSOUTH Rehabilitation Hospital will be at the Center on **Thursday, September 10, 2015** at 11:30am in the Card Room. Topic of discussion will be "What Do I Do Now?": This seminar will be a slide show presentation for anyone who might find themselves having to make decisions for extended care after an illness or injury. The differences between inpatient rehab, skilled care, outpatient therapy, and home health will be discussed. Stop by the office and sign up, there is a limit of 20 seats available.

## Wellness Seminars

**Flu Vaccine Clinic:** Walgreens Pharmacy will be offering a Flu Vaccine Clinic on Tuesday, September 22, 2015 from 9:00am to 11:00am in the hallway billiards room side. Medicare Part B and TNCARE are going to cover the flu influenza vaccine this year at no cost to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices for the vaccines are: Influenza: \$25.99; Pneumonia: \$99.99. You must bring your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for their reference, and provide the immunization information to the clients primary care physician. Sign up in the office and walk-ins are welcome.

## First District Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District: **Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington.**

The 2015 First TN District dates: September 12-September 19, 2015. Golf Tournament at Cattails at Meadowview, Kingsport: Wednesday, September 9<sup>th</sup>. Basketball ETSU Brooks Upper Gym, Johnson City: Saturday, September 12<sup>th</sup>. Pickleball (singles, doubles and mixed doubles) at Memorial Park Community Center, Johnson City: Wednesday, September 16<sup>th</sup>. Horseshoes at Rock Springs Recreation Center, Kingsport: Friday, September 18<sup>th</sup>. Track & Field at Science Hill High School, Johnson City: Saturday, September 19. For more information contact, Teresa Sutphin, Coordinator at 423-722-5120 or at [tsutphin@ftaad.org](mailto:tsutphin@ftaad.org). Website: [www.tnseniorolympics.com](http://www.tnseniorolympics.com)

## Wood Working with Youth

The woodshop is looking for volunteer instructors to teach a 5 week program, once a week for one hour with 4 youths from the Boys & Girls Club on how to use the Lathe. If you are interested in this program please contact Kevin (Wellness Coordinator) at 423-392-8407.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310 (Starts Sept 14)
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Gym
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 10:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Beginning Clogging: 10:00am- Room 302
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- Open Woodshop: 9:00am
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon





## Travel and Special Events

**Cake Decorating with Buttercream-** Monday, September 14, 21, and 28- Card Room- Cost is \$20.00 for 3 sessions paid to instructor Donna Chmielnik- Supply list available at sign-up. Sign up now.

**Cake Decorating with Fondant-** Wednesday, September 9, 16, 23, 30- Lounge- Cost is \$20.00 for 4 sessions paid to instructor Donna Chmielnik. Supply list available at sign up. Sign up now.

**Bob Ross Style Painting-** Wednesday, September 16, 2015- Room 303- 10:00am-2:00pm- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. Sign up now.

**Rumba for Beginners-** Wednesday's beginning September 23- October 21, 2015- 2:30pm-3:30pm- Free- Instructor Carol Smith- Maximum of 6 couples- Learn some basics of rumba movement and dancing with your partner. You need to be able to bend your knees and walk on your toes. Sign up now.

**Beginning Drawing-** Friday, September 25, 2015- Room 303- 1:00pm-4:00pm- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up begins September 8.

**Biscuits and Bingo-** Thursday, October 8, 2015- Lynn View Cafeteria- 10:30am-11:30am- Sponsored by Legacy HomeCare- Free- Sign up by calling the Lynn View Branch Site (Mon-Fri 9:00am-2:00pm) at 765-9047- Sign up begins September 8.

**Self-Defense Class-** Tuesday, October 20, 2015- Room 303- 2:00pm-3:00pm- Free- Instructor: Police Officer Steve Hammonds- Learn simple self defense moves to protect yourself- Sign up begins September 10.

**Potluck at Lynn View-** Tuesday, October 27, 2015- Lynn View- 11:30am-12:30pm- Cost: Bring a side dish to share- We will provide the meat- Sign up begins September 28.

**Flower Arranging Class: Fall Arrangement-** Thursday, September 10, 2015-Card Room- 10:00am-11:00am- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up begins August 27.

**How Life Insurance Works-** Tuesday, September 15, 2015- 10:30am-11:30am- Free- Jenny Southern from Western and Southern Life will give a seminar on how life insurance really works and will be available for questions concerning life insurance- refreshments will be provided. Sign up begins August 24.

**Sew Confident- Learn the essential techniques for the beginner-** Wednesday's beginning September 23-October 21, 2015- Room 303- 1:00pm-4:00pm- Cost: \$50.00 paid to instructor Barbara Diers for 6 weeks class- Must bring sewing machine- you will learn from basic cutting and reading patterns to installing a zipper. Sign up now for this class. You will not want to miss this!

**Recipes Down to the Last Slice-** Wednesday, September 30, 2015- Lynn View Branch Site- 10:30am-12noon- Cost: \$3.00 payable at sign up- Instructor: Theresa Connors- Call 765-9047 to sign up (Monday-Friday 9:00am-2:00pm). Sign up begins August 28.

**"Bluegrass at Allandale"-**Bluegrass Concert Series- Allandale Mansion Amphitheater- 6:30pm- Thursday, September 10: Tom & Beverly Horton and Turkey Creek; Thursday, September 17: White Top Mountain Band; Thursday, September 24: ETSU Bluegrass Pride Band. FREE. Please no cooler or pets.

The Kingsport Library is offering 2 special events. The first will be held on September 8<sup>th</sup> from 12 noon-1:00pm. It is part of our series called Healthful Hints, with this event being called Experts in Arthritis. We will have an expert from Chattanooga, here at the library for a lecture and question/answer session. The other event is a set of genealogy workshops this fall called Genealogy- Life in the Past Lane, Starting September 29<sup>th</sup> that will be held on Tuesday's from 2-4pm.

**\*If you are signed up for a trip or a class, and know you will not be able to attend, please call the front office to cancel. We have a number of people who are put on a waiting list who would like to go on these trips or attend these classes if you are unable to attend them. Thank you.**

## Travel and Special Events

### **OTLB: Pisgah Fish Camp Seafood Restaurant**

Friday, October 9, 2015

Pisgah Forest, NC

9:15am-3:30pm

Cost: \$8.00 for transportation with lunch being on your own



**Sign up begins September 8.**

### **Wohlfahrt Haus Presents: "A Wohlfahrt Haus Christmas"**

Friday, November 20, 2015

Wytheville, VA

9:45am-6:00pm

Cost: \$45.00 all-inclusive

Enjoy a delicious Holiday feast before you are completely emerged in the Christmas season. Our Holiday Spectacular is stuffed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features breath-taking Nativity, which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas Tradition.

**Sign up begins October 2.**

### **Country Tonight Christmas Show**

Thursday, November 12, 2015

Pigeon Forge, TN

9:15am-7:00pm

Cost: \$30.00 for ticket and transportation

Lunch will be on your own at JT Hannah's Kitchen at 11:30am.

You will take a short shopping trip to the Christmas Place after lunch and show will start at 3:00pm.

We will stop at a fast food restaurant after the show on the way home for dinner.



**Sign up begins September 2.**

### **Biblical Times Dinner Theater: "The Christmas Story"**

December 10, 2015

Pigeon Forge, TN

10:30am-5:30pm

Cost: \$45.00 for dinner theater and transportation

\*Must have 40 for trip to go.

The Biblical Times Dinner Theater is putting on a matinee performance just for the Kingsport Senior Center.

**Sign up begins September 1.**

## Your Page

### From the Dancing Corner

#### **SEPTEMBER DANCE AT THE RENAISSANCE CENTER ON SEPTEMBER 11, 2015**

*Kids Our Age* Band will play your favorite dance tunes on Friday, September 11, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

*Kids Our Age* is one of the premier dance bands in the Tri-Cities. They have entertained audiences and dance groups all over Northeast Tennessee and Southwest Virginia for over twenty years. David Riggs is the centerpiece of the group and lead vocalist/guitarist. James Lane is the talented keyboardist and Jim Philyaw is featured on drums. They will play a varied, pleasing mixture of beach music, classic rock, shag tunes, pop favorites and ballroom standards. This trio welcomes song or dance genre requests.

Put this date on your calendar for an enjoyable evening of listening and dancing.

Friends of the Kingsport Senior Center presents

**September Dance**

**Friday 9/11/2015**  
6:30-10 PM



**Kid's Our Age**  
Renaissance Center  
1200 E. Center St.  
Kingsport, TN  
Admission: \$5.00 / person  
Contact: 423 288-2668

### Massage Therapy

Mondays and Tuesdays  
9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475  
to set up your 30-minute appointment  
Cost: \$20.00

### Kingsport Senior Center Advisory Council Members

|                        |                  |
|------------------------|------------------|
| Bruce Shine (Chairman) |                  |
| Brenda Cunningham      | Jean Chang       |
| Norma Livesay          | Carmon Moix      |
| Lester Pridemore       | Frances Cottrell |
| Carol Woodard          | Mary Porter      |
| Pat Breeding           |                  |



### **Spa Escape**

Becky Glover will be having her Spa Escape class again in September. Classes will be held on Tuesday, September 1, 8, 15, 22 and 29<sup>th</sup> from 4:00-5:30pm in the multipurpose room. She will be giving facials and hand/foot scrubs for free. Reserve your spot in the front office now!

Please come by the front office to fill out our annual Kingsport Senior Center survey. Your input is greatly appreciated.



## News to Use

Christmas Connection will be taken for room at the Civic Auditorium starting September 1<sup>st</sup> in the Senior Center Office. Cost is \$20.00. Christmas Connection is November 6-8, 2015 at the Civic Auditorium.

### **AARP Smart Driver Class**

Wednesday, October 7 & Thursday,  
October 8, 2015

Room 230

9:00am-1:00pm

Cost: \$15.00 for members and \$20.00 for  
non-members

**Sign up begins September 14.**

### **Who Am I?**

I was that which others did  
not want to be

I went where others feared to go  
and did what others failed to do  
I asked nothing from those  
who gave nothing, and reluctantly  
accepted the thought of eternal  
loneliness should I fail.

I have seen the face of  
terror, felt the stinging  
cold of fear and enjoyed  
the sweet taste of a moments  
love.

I have cried, pained and  
hoped, but most of all,  
I have lived times others  
would say were best  
forgotten.

At least someday I will  
be able to say that I  
was proud of what I was and will always be  
A Soldier

**Written by:**

**Master Sargent Treela Parker (Retired Army)**

## **Recipe of the Month**

### **Skirt Steak Tacos**

Ingredients:

- 2 pounds skirt steak, trimmed of excess fat
- Salt and freshly ground pepper
- 2 teaspoons cooking oil
- 2 cups loosely packed shredded lettuce
- 2 tomatoes diced
- 2 tablespoons freshly minced cilantro
- 1-2 avocado, pitted and sliced
- 1 cup crumbed queso fresco (or other  
shredded cheese of your choice)
- 1 lime, cut into wedges
- 8 flour or corn tortillas

Directions:

1. Season the skirt steak with salt and pepper on both sides. Heat a skillet or grill pan over high heat. When hot, swirl in the cooking oil. Add the steak to the pan and sear for 2-3 minutes on each side.
2. Let the meat rest for 5 minutes before slicing. Slice the skirt steak across the grain into very thin ribbons.
3. Assemble tacos by layering steak, lettuce, diced tomatoes, cilantro and avocado slices. Top with cheese and serve with lime wedges.





## **Computer Classes**

Basic Computer: Monday, September 21, 28, October 5, 12, 19, 26. 1:00pm-3:30pm. If you have little or no computer experience, this is the class for you. Cost: \$25.00

Internet Security: Wednesday, October 21 from 9:00am-11:30am. Learn how to protect your computer and identity. Cost: \$10.00

**Fish Wood Burning Class-** Wednesday, September 30, 2015- Room 303- 9:00am-12Noon- Must bring your wood burner and all other supplies are provided- You will be making a fish using your wood burning tool- Cost is \$20.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.

**Fall Painting Class-** Wednesday, September 23, 2015- Room 303- 9:00am-12noon- Must bring paint brushes and water container and all other supplies will be provided- Cost is \$25.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.



## **Benefits of Meditation with Lee Stone**

Lee began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programming Psychotherapy and Clinical Hypnotherapy. Come and learn how to meditate and all the health benefits it has to offer.

Located in room 306 on Tuesday and Thursday at 9:30am.

Contact the front office for more information.

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, September 8, 2015 to do manicures. Sign up August 24.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Tuesday, September 15, 2015  
4:00pm-6:30pm in the cafeteria

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, September 10 at 2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Fall Classes 2015

Classes begin week of August 31, 2015 through week of November 16, 2015 unless otherwise noted.

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## Basic Tai-Chi (will begin September 14)

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Charles. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## Core & Posture Belly Dance for Beginners (women only)-

- Tuesday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## Belly Dancing- (Women Only) Wednesday

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## Camera Club

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- Please remember your \$15 annual firing fee**

## Clay (Beginning Hand-Building)

- Monday- August 31- November 16.
- Sign up starts August 17
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## Clay (Intermediate Hand Building)

- Wednesday- September 2- November 18.
- Sign up starts August 17.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## Clogging (Beginning)

- Tuesday (will begin on August 18)
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## Clogging (Intermediate) Will begin August 19.

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

## Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Fall Classes 2015

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**\*Jam Session will not meet until further notice.**

**\*We are looking for someone to run the Jam Session. If you know of anyone willing to conduct Jam Session every Thursday at 12:30pm please let us know in the front office.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet (Sept 8)

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Patterns provided.
- #4 worsted weight yarn and size H hook. Limit 6, Sign up by Sept 4<sup>th</sup>.

## Intermediate Crochet (Sept 8)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Snowflake pattern, Limit 6, Sign up by Sept 4<sup>th</sup>.

## Art Class (Sept 1)

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Biscuits and Bingo

- Thursday-October 8
- Time: 10:30am
- Lynn View Cafeteria
- Sponsored by Legacy Home Care

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Artisans Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for more information.

765-9047

visit our Facebook page at [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)



# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### National Electrical Code Class (Commercial)

- ❖ Monday's September 28-November 16, 2015
- ❖ 6:00pm-8:00pm
- ❖ Cafeteria
- ❖ Instructor: Chris Ferrell, electrical inspector
- ❖ Cost: \$70.00 paid at sign up
- ❖ This will prepare you for the electrical code test.
- ❖ Please sign up by Sept 18 for class to go



### Cultural/Arts/Crafts

#### Beginning Spanish

- ❖ Wednesday's- September 9-November 18, 2015
- ❖ 5:00pm-6:00pm
- ❖ Room 303
- ❖ Bring a binder and #2 pencils
- ❖ Cost: \$5.00 for senior center members and \$10.00 for non- members
- ❖ Sign up Sept 1<sup>st</sup>.

#### Intermediate Spanish

- ❖ Wednesday's- September 9-November 18, 2015
- ❖ 6:00pm-7:00pm
- ❖ Room 303
- ❖ Bring a binder and #2 pencils
- ❖ Cost: \$5.00 for senior center members and \$10.00 for non-members.
- ❖ Si

#### Self Defense

- ❖ Tuesday's- October 6-November 10, 2015
- ❖ 5:45pm-6:45pm
- ❖ Room 302
- ❖ Instructor: Police Officer Steve Hammonds
- ❖ Cost: \$30.00 for 6 week class paid to instructor first day of class.

#### Beginning Crochet Class

- ❖ Monday's- September 21-October 19, 2015
- ❖ 1:00pm-3:00pm
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Nina Gilchrist
- ❖ Please sign up by September 17.
- ❖ Cost: \$25.00 paid to instructor and \$35.00 for non-members

### Health/Exercise



#### Personal Training with Chris

- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Pound Fit

- ❖ Wednesday, September 30-November 4.
- ❖ 5:30pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor
- ❖ Cost: \$30.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Please sign up by 9.25.15

#### Tabata- High Intensity Workout

- ❖ Monday's- September 28-November 2, 2015
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Pay in senior center office

#### Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

# Extended Travel Trips



PRESENTS A FABULOUS TRIP TO



*Located on the Beautiful Gulf Coast*

**Your 5 Day/4 Night Trip Includes:**  
**4 Nights Hotel Accommodations Including:**  
*2 Nights' at the*



*This waterfront casino resort offers something for everyone from 24-hour excitement in the spacious, luxurious casino to entertainment featuring the biggest headline acts, extravagant production shows and the hottest night-club and restaurants offering everything from exotic fine dining, ultimate comfort food or quick bite in between games. Other amenities feature world-class, indulgent treatments at the Spa and the latest must-have fashions, accessories and gifts at The Promenade Shops. Whatever your mood, palate or wallet desires, it's on the menu at the Beau Rivage!*

**4 Breakfasts and 2 Dinners Including: 1 Dinner at the Beau Rivage and 1 Dinner at the New Orleans School of Cooking** 2 Evening Receptions at your Hotel including Hot Food & Spirits

**Casino Bonus Package:**

**\$10 Free Play and 20% Voucher for the Spa**  
**Guided Tour New Orleans**

*See and experience all New Orleans has to offer. Learn about the history, food, music & jazz, culture, architecture and Katrina recovery.*

**Free Time in New Orleans French Quarter**

*The French Quarter, also known as Vieux Carré, is the oldest and most famous neighborhood in the city of New Orleans.*

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

**DATE: FEBRUARY 1 – 5, 2016**

**FEE: \$549.00 (PER PERSON - DOUBLE OCCUPANCY) \$100 DEPOSIT FINAL PAYMENT DUE BY DECEMBER 11, 2015** Travel protection can be purchased at \$51.00 per person - double occupancy

**SIGN UP BEGINS: SEPTEMBER 1, 2015**

**For Information and/or Reservations, Please Contact:**  
**Shirley Buchanan @ 423-392-8403**







*Join Us For*



*Holiday Open*

*House*

**EVENT: HOLIDAY OPEN HOUSE**  
**WHERE: KINGSPORT SENIOR**  
**ARTISAN CENTER GALLERY 1<sup>st</sup>**  
**FLOOR, LYNN VIEW**  
**COMMUNITY CENTER**  
**DATE: DECEMBER 3, 2015**  
**BEGIN: 5:30 PM**  
**END: 7:30 PM**

Enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.



# Dakim Brain Fitness

September 14-18, 2015

Computer Lab

2:00pm-3:00pm

Free

Long-term  
memory

Short-term  
memory

Computation

Language

Critical  
thinking

Visuospatial  
orientation



What is Dakim Brain Fitness? It's a clinically proven, web-based, brain training program created especially for Boomers. It has been clinically proven to significantly improve cognitive performance in the two most important areas- memory (immediate and delayed) and language abilities- as users strengthen attention, focus, and concentration. Sign up for your spot in the front office and we will show you how to register and how to use Dakim Brain Fitness.

Sign up now.

The Kingsport Senior Center

1200 E. Center Street

Kingsport, TN 37660

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